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THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

# GUARDSTART: LIFEGUARDING TOMORROW

**Get a Jump Start on Being the Best Lifeguard You Can Be**

## KEARNY MESA POOL

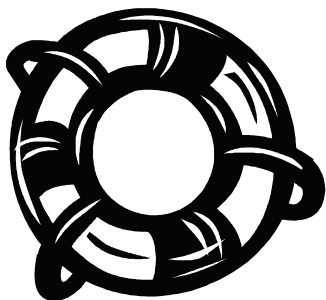
*July 9 - 20 and July 30 - August 10, 2007*

*Monday, Wednesday, Friday*

*9:00 am - 11:30 am*

*\$60.00/participant*

*(Minimum enrollment of 12 participants)*



## PREREQUISITES

Are you between the ages of 11 and 14? Do you see yourself as a lifeguard someday? Prepare now for your future in lifeguarding with GuardStart: Lifeguarding Tomorrow!

By enrolling in the program, you'll experience what it takes to be a great lifeguard. GuardStart teaches you everything from lifesaving and leadership skills to fitness and professional development. When you are eligible (must be 15 yrs. of age) to take a Lifeguard Training course, your GuardStart experience will prepare you to be the best lifeguard you can be!

GuardStart introduces you to these essential lifeguarding skills:

- Prevention of aquatic accidents
- Fitness and swimming skills
- Response in an emergency
- Leadership skills
- Professionalism of a lifeguard

To qualify, you must be able to:

- Swim front crawl continuously for 100 yards
- Tread water for one minute
- Submerge and swim 10 ft underwater

## VOLUNTEER OPPORTUNITIES

This course will also prepare you to volunteer with the City of San Diego as a Junior Pool Guard.

## REGISTRATION INFORMATION

Register in person at:

### KEARNY MESA POOL

170 Armstrong St. • San Diego, CA 92111

For more information contact staff at  
(858) 573-1389.

### DIRECTIONS TO THE POOL

Coming from the south: Take 163 or 805 North to Mesa College Drive. Turn left on Mesa College Drive. Turn left on Armstrong Street. Pool is on the right. Coming from the north: Take 163 South to Genessee Avenue. Turn right on Genessee. Turn right on Linda Vista Road. Turn left on Mesa College Drive. Turn left on Armstrong Street. Pool is on the right. The pool is accessible by bus via SDMTS route 44.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT THE DISTRICT MANAGER AT (619) 685-1308) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.



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